

CLAIMS

1. An antioxidation food product having an
antioxidation action in the living body including the interior
of a digestive tract, comprising a fermented product produced
5 by adding a manganese-containing natural material and
fermenting with bacteria having a catalase activity.

2. The antioxidation food product according to
claim 1, wherein the bacteria having a catalase activity are
Lactobacillus plantarum.

3. The antioxidation food product according to
claim 1, wherein the manganese-containing natural material is
a tea.

4. An antioxidation food product having an
antioxidation action in the living body including the interior
15 of a digestive tract, comprising a dried product which
contains bacteria having a catalase activity, and a manganese-
containing natural material.

5. An antioxidation preparation having an
antioxidation action in the living body including the interior
20 of a digestive tract, comprising a bacteria cell having a
catalase activity, and a manganese-containing natural
material.

6. An antioxidation method in the living body
including the interior of a digestive tract, which comprises
25 ingesting a fermented product produced by adding a manganese-

containing natural material and fermenting with bacteria having a catalase activity to express a superoxide dismutase-like activity and a catalase activity, simultaneously.

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